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Bare your face for services: Quebec

Provincial law will force Muslim women to remove face veils to deal with government

Muslim women will be forced to uncover their faces if they want services from the Quebec government, according to landmark legislation tabled yesterday in the province.

In tabling the bill, Quebec delves into sensitive territory where governments in Canada have largely avoided treading: setting hard-and-fast rules for accommodating mi-

norities.

The bill says people obtaining — or delivering — services at places like the health- or auto-insurance boards will need to do so with their faces in plain view.

Face coverings won't be tolerated if they hinder communication or visual identification.

Premier Jean Charest characterized the legislation as a defence of two

valued principles, gender equality and secular public institutions.

"This is a symbol of affirmation and respect — first of all, for ourselves, and also for those to whom we open our arms," Charest told a news conference. "This is not about making our home less welcoming,

0.00009% A Muslim group argues Quebec's political oxygen is being unnecessarily sucked up by a tiny number of cases. Of the more than 118,000 visitors to the health board's Montreal office in 2008-09 only 10 people — or less than 0.00009 per cent of cases — involved niqab-wearers who asked for special dispensation.

ing, but about stressing the values that unite us ... An accommodation cannot be granted unless it respects the principle of equality between men and women,

and the religious neutrality of the state."

While the debate over such identity issues has raged in Europe for years, and played out around

countless dinner tables and Internet chat boards in this country, Canadian politicians have been reluctant to weigh in. Quebec is an exception to that rule.

In fact, the Charest government has faced persistent criticism from critics who say it has failed to stand up for Quebec values by refusing to take a tougher stand.

THE CANADIAN PRESS

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Summer Camps pg 17
Metro's guide to fun in the sun

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Carrie Underwood



Play on!

Coulter's antics fascinate public as tour continues

CALGARY In less than 24 hours, right-wing shock pundit Ann Coulter told Canada she didn't pay much attention to it, slagged one of its universities, and insulted Muslims.

Coulter's performance has got Canadians intrigued, unsettled and wondering what else she's got in store.

The University of Calgary, the next stop on her tour, vowed yesterday to make sure Coulter's speech today would go off without a hitch.

The author pulled out of her appearance at the University of Ottawa when 1,500 people tried to get into a speech that was already full to capacity with

guests. Another few hundred protested outside.

"The purpose of a university is to encourage and promote the free exchange of ideas," University of Calgary provost Alan Harrison said yesterday. "To do anything other than that is to go against what the university stands for."

Coulter and her team cited "violence" in the crowd in Ottawa and claimed police had shut it down. Police spokesman Alain Boucher said they saw no violence, arrested no one and had only advised Coulter's entourage they should find a bigger space to accommodate everyone.

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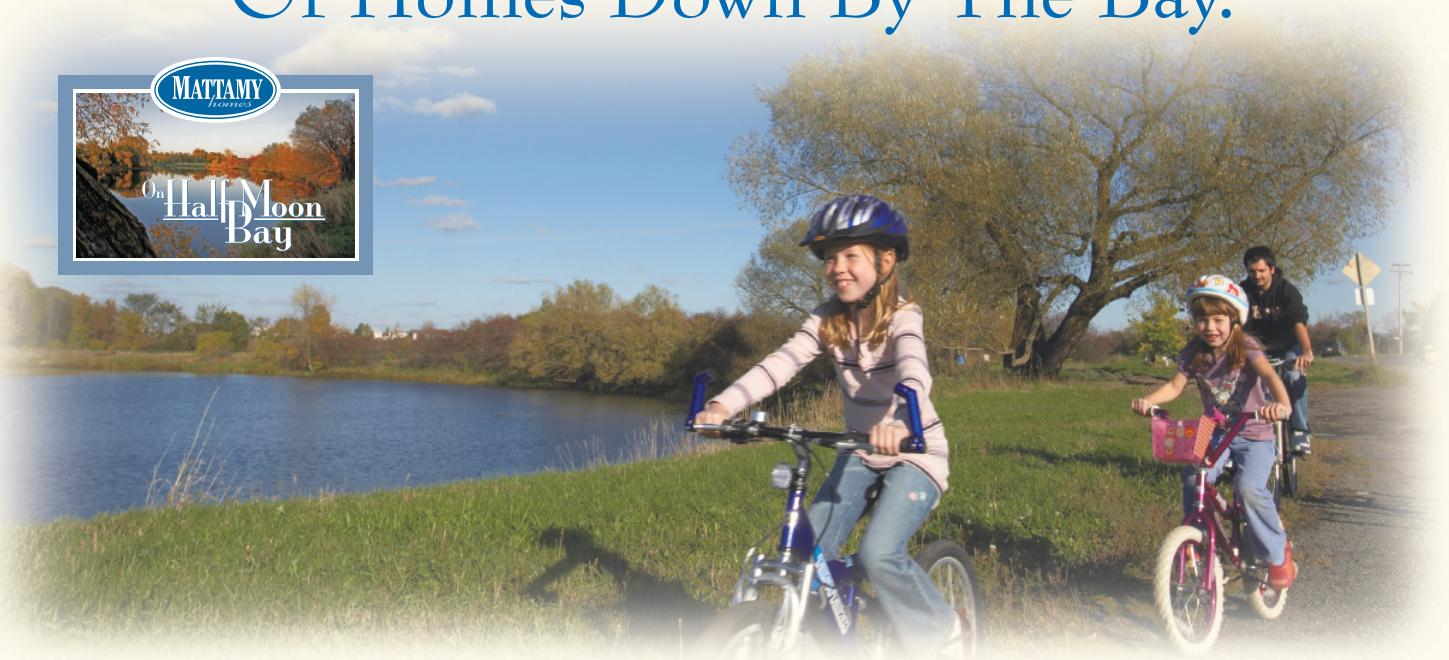
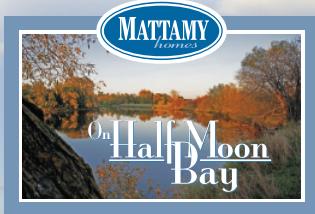
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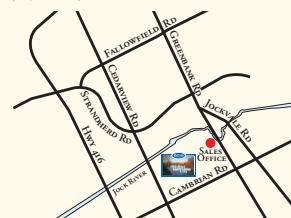


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Local



Free lecture on camouflage and fashion

From sniper robes to the cloche hat, military technology and women's dress have constantly borrowed from each other. Ryerson University lecturer Dr. Alison Matthews David will be discussing First World War camouflage and fashion at the Canadian War Museum at 7 p.m. today. The lecture is free.

METRO OTTAWA



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Family finds solace in organ donation

GIFT OF LIFE When 23-year-old Annik Presseau died of a brain aneurism, her family decided it would not be in vain.

They donated her organs, saving the lives of eight total strangers.

"It was a loss, but it was also a gain" said Annik's brother, Roger Presseau. "Those are eight people who are going to go on with their lives, with their friends and their families."

Presseau was at the University of Ottawa yesterday supporting the Trillium Gift of Life Network's RecycleMe.org campaign.

MIRANDA MINASSIAN/
FOR METRO OTTAWA

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What's online today.

Photos Ottawa Fashion Week kicked off at Arts Court. Check out the capital's fashionistas at metronews.ca/local.**Play** free online Sudoku, updated daily.**Lotteries** KENO **PK3**
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Ottawa Fat Cats ready to play ball

Newest baseball team unveils name, logo and tickets with bus ride included

TRACEY TONG
tracey.tong@metronews.ca

They have yet to throw their first pitch, but Ottawa's newest baseball team has already showed it's got personality.

The organizers of the team showed its sense of humour yesterday, unveiling the name and logo for the Ottawa Fat Cats, which plays its first of 18 games in its inaugural season at the Ottawa Stadium on May 15.

When asked how they came up with the name, the Ottawa Stadium Group's Duncan MacDonald said organizers came up with a list of possibilities, including the Ottawa Ice and Ice Dogs, but Fat Cats elicited the best response, he said.

"Independent minor league baseball is not the major leagues, but what it is, is a lot of fun," said Intercounty Baseball League commissioner Joe O'Neill.

"Everything is great right now ... we haven't lost yet," said head coach Bill

Mackenzie.

Mackenzie said the team will be a "blend of youth and experience."

"We're looking now at a few players that have had professional experience, some guys that have graduated from a four-year school in the States that are in the area or not far away."

Mackenzie said he wants to restrict the roster to about 20 players.

Coun. Bob Monette said he was glad to see baseball back at the stadium.

"We have one of the most

beautiful stadiums in Canada," said Monette, adding that he hopes the city will also begin work this year to bring football back.

MacDonald also unveiled the ticket prices, which start at \$6. There is no charge for children under six years and veterans and military members, and all tickets come with an OC Transpo bus ride to and from the game.

This is about getting people out to the games, MacDonald said. "And if we win, it's going to be a bonus."



Duncan MacDonald, of the Ottawa Stadium Group.

City grants theatre \$175K to pay off loan

COUNCIL The city is giving the Great Canadian Theatre Company \$175,000 to help it make payment on the loan it took out in 2007 to build the Irving Greenberg Theatre Centre.

The company had planned to pay off the loan through a fundraiser that suffered during last year's recession.

Gloucester-South Nepean Coun. Steve Desroches suggested the money should be given to the GCTC as an interest-free loan instead of a grant, with the money coming from funds set aside for the Ottawa Concert Hall, still in the planning stages.

However, Kitchissippi Ward Coun. Christine Leadman argued that offering a loan to help pay off a loan does not really make sense, even if it is interest-free.

City council decided that the GCTC would not have to repay the money, but funds would still come from interest earned on the money set aside for the concert hall.

TIM WIECLAWSKI/METRO OTTAWA

Fashion Furless



Emily Lavender and Stephanie Laoun protest the use of fur in front of Ottawa Arts Court, the site of Ottawa Fashion Week. The girls were inspired to act after seeing a graphic video on PETA's furisdead.com.

Ghanaian tells summit of employment trials

IMMIGRATION With a master's degree in hand and three children in tow, Alberta Lawson arrived in Canada in 2003 to start a new life.

Lawson, who is from Ghana, fell in love with Canada while attending Carleton University years earlier. She returned to her home country, but when her application to become a permanent resident came through, she returned.

"I told myself I have the necessary experience, and I also have the Canadian degree, which should help me land a job," she said.

It wasn't as easy as that.

"The job search for me was really a nightmare," Lawson said. "I brought savings with me, but it was draining through my fingers."

A job search, combined with trying to help her three children adjust, was difficult, she said.

Things changed when she attended a networking

event by Hire Immigrants Ottawa — a provincially funded community-based initiative that works with local employers to hire and integrate skilled immigrants into the workplace — where she met a representative from Scotiabank.

Three interviews later, she got a job for a higher position than the one for which she had applied.

Yesterday, Lawson shared her story with employers and representatives from immigrant serving agencies at the 2010 Employer Council of Champions Summit at the National Arts Centre, which focused on skilled immigrants' critical role as a catalyst for innovation and creativity in their workplace and the local economy.

The City of Ottawa received the 2010 Employer Excellence Award from Hire Immigrants Ottawa at the event.

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Advance voting days set

City council yesterday approved two advance voting days for the Oct. 25 municipal election. Ottawans can vote Oct. 2 and Oct. 14. METRO OTTAWA

Cops enlist a BearCat

TIM WIECLAWSKI

tim.wieclawski@metronews.ca



TIM WIECLAWSKI/METRO OTTAWA

The Ottawa Police Service Tactical Unit is rolling in an impressive new set of vehicles.

The unit's new \$365,000 Lenco G3 BearCat armoured rescue vehicle officially went into service yesterday.

It will be used for high-risk vehicle stops or to rescue an injured person. There is room in the back for up to six officers and a stretcher. In the event an officer is wounded in a dangerous situation, the vehicle enables other police to retrieve that person without putting everyone at risk.

The vehicle is equipped with standard emergency features along with high-powered lights.

Chief Vern White said OPS responds to between 25 and 50 high-risk calls per year, during which police have to hope they can get close enough without being put under fire.

Acting Staff Sgt. Jeff Kilcollins stands in front of the Ottawa Police Tactical Unit's new armoured rescue vehicle, which rolled into service yesterday.

"We've had cases in the past where we've taped bulletproof blankets and vests over the fronts of vehicles so we can get close enough to a residence. That absolutely made no sense," said White. "When you look at a city with almost a million (people), we get a number of calls where officers put themselves at risk unnecessarily. This unit will allow us

to not find ourselves in those positions."

White said this equipment is essential if the OPS is to maintain a high level of service.

"It's not going to be sitting in the Market on the corner of York and Dalhousie on a Friday night," said Const. Jim Hutchins. "It's only going to be used for training or operational needs."



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Deficit? What deficit?

Duncan says he's saved billions

Way to go, Dwight.

One day before introducing the Ontario budget, Finance Minister Dwight Duncan announced yesterday the Liberal government has managed to shave several billion dollars from the record \$24.7 billion deficit he forecast just last fall.

Ontario will have a \$21.3-billion deficit for the year ending March 31, down \$3.4 billion, or nearly 14 per cent, because of tightened spending and increased government revenues "across the board," said Duncan.

"Things have improved," he said.

"We're seeing it in our own numbers: upticks in employment, upticks in revenues, upticks in a variety of areas."

"Upticks in employment, upticks in revenues, upticks in a variety of areas."

Dwight Duncan

part the rebound from extremely low levels of auto production."

However, the New Democrats accused the Liberals of greatly inflating the original deficit projection last fall.

They said the pre-budget release of the lower deficit figure was clearly an attempt to make themselves look like good managers.

THE CANADIAN PRESS

Mary Webb, a senior economist with Scotia Economics, said it's always good news when revenues are stronger than expected.

"We have had quite a substantial rebound in Ontario's growth that began in the latter half of 2009 and is carrying through until the first half of 2010," said Webb.

"It's reflecting in large

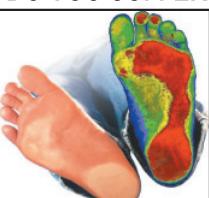


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Trauma A family mourns



THE CANADIAN PRESS

Members of the Hannah family emerge from a funeral home in Belleville, where services were held yesterday for Tracey Hannah, 46, and daughter Whitney, 14, shot to death March 12. Daughter Shannon, 18, is at left bearing scars from wounds received in the attack. An 18-year-old is in police custody.

News in brief

CRIME Police in Victoria, B.C., are investigating their own officers after a violent arrest was caught on camera and posted to YouTube. Sgt. Grant Hamilton says officers responded to a fight involving eight males early Sunday morning. They

found one man being kicked in the head and ended up taking six others into custody. But the 56-second YouTube clip appears to show one officer repeatedly kicking a man who's already been restrained.

THE CANADIAN PRESS

Defeat hurts, so Iggy eyes his MPs

POLITICS Disappointed by an embarrassing defeat in the Commons on Tuesday night, Liberal Leader Michael Ignatieff is now pondering whether to punish his own MPs.

Some refused to vote with the party on a matter of family planning and abortion.

Ignatieff denies his leadership is in peril.

"I don't think my troops are shooting at me," he said yesterday.

But he did admit Tuesday's vote did not turn out the way he planned.

The Liberals created the problem for themselves by forcing a vote in the Commons on support for family-planning projects in Canadian aid abroad.

They had hoped to expose rifts within Prime Minister Stephen Harper's Conservative ranks.

But instead they exposed their own caucus-unity problems after the Conservatives portrayed the motion as a vote on abortion.

The gaffe will likely be viewed as further evidence that Ignatieff and his Liberals are not ready for an election any time soon.

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8 canada

Newfoundland and Labrador's largest health board revealed that some of its staff had deliberately breached the privacy of patients. **THE CANADIAN PRESS**

Board reveals privacy breach

Deal's death hurts premier

A contentious multibillion-dollar deal to sell NB Power assets to Hydro-Québec that was pitched by New Brunswick Premier Shawn Graham as the solution to his province's energy and fiscal woes is dead, but not before damaging his political image months before an election.

Graham said the tentative \$3.2-billion agreement collapsed Tuesday night after the Quebec utility sought changes that no longer made it worthwhile.

"It is with so much regret that I am announcing this morning that we are no longer proceeding with discussions to finalize the energy agreement with Hydro-Québec," Graham told the legislature yesterday.

"Hydro-Québec has asked for changes to the agreement that would have unacceptably taken away some of the value and increased some of the risks for New Brunswick-

Originally

• The original plan to sell NB Power, announced last October, would have seen Hydro-Québec acquire transmission and distribution systems in addition to power plants for \$4.75 billion.

ers."

Graham said Quebec realized that future refurbishment of the Mactaquac Dam near Fredericton would cost Hydro-Québec more than originally expected, and wanted to change the value of the deal as a result.

Quebec Premier Jean Charest agreed that his province found unanticipated costs.

"We reached the conclusion that the sale price no longer corresponded with the assets we were buying," Charest said.

"We didn't approach New Brunswick."

THE CANADIAN PRESS

Progress made in wait times: Reports

HEALTH Some progress has been made five years after the first ministers of Canada identified priority areas for reducing wait times for patients, but seven provinces still aren't on target for knee replacements, a study shows.

The report from the Canadian Institute for Health Information, bolstered by charts that compare wait times in the various provinces, indicates there's been success in shortening the wait for radiation treatments for cancer patients.

But the study also found that patients in all the provinces wait longer for knee replacements than any other priority procedure. Only Ontario, Quebec and British Columbia met the benchmark time frames of providing knee surgery for at least 75 per cent of patients within 26 weeks.

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10

Last month's devastating earthquake cost Chile nearly \$30 billion US, according to the government's first detailed report. The South American government is expected to recover nearly \$5 billion in insured losses, but will have to shoulder \$9.3 billion in uncovered damages, Finance Minister Felipe Larraín said yesterday. The rest will fall to the private sector. **THE ASSOCIATED PRESS**

World



Sweat Lodge guru turns to web

The self-help guru charged with manslaughter for the deaths of three people in a sweat lodge is taking his motivational messages to the Internet. In a video posted online, James Arthur Ray, left, says he's unable to produce live events but still has a deep desire and passion to help people in any way he can. Ray invites people to join him online at least once a week so he can share tools and techniques, and insight and knowledge to deal with life's challenges.

THE ASSOCIATED PRESS

News in brief

FRANCE French police say they have detained a 25-year-old who allegedly hacked Twitter accounts of numerous well-

known figures, including U.S. President Barack Obama and singer Britney Spears.

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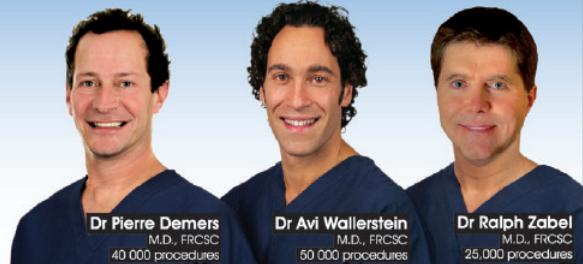
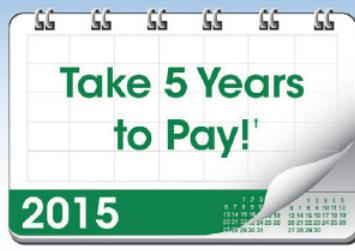
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News in brief

MIDDLE EAST The Jerusalem municipality has approved 20 new apartments for Jews in an Arab neighbourhood of east Jerusalem, the city said yesterday, in a move that could stir a new diplomatic crisis with the United States just as Israel's leader is in Washington on a fence-mending visit. The announcement is the second such construction plan in a month.

THE ASSOCIATED PRESS


Are Democrats in danger after U.S. health-care law is passed?

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France No 'corporate' sex



French sex workers march in Paris yesterday, protesting a lawmaker's proposal to legalize brothels in France which they say means they would be working for a "company." They want the repeal of a 2003 law penalizing solicitation, which they say prevents them from working independently in the open.

FRANCOIS MORI/THE ASSOCIATED PRESS

Accused pediatrician pleads not guilty

A Delaware pediatrician pleaded not guilty yesterday to charges that he molested more than 100 of his patients. **THE ASSOCIATED PRESS**

Greece Parade scaled back

Teachers dressed in traditional Greek costume take part in a parade in Athens yesterday. The annual event will have been scaled back as part of government cuts to cope with the country's debt crisis.

Sites under privacy microscope again

You have been tagged in 12 photos — even if you're not signed up to the website.

European regulators are investigating whether the practice of posting photos, videos and other information about people on sites such as Facebook without their consent is a breach of privacy laws. The Swiss and German probes go to the heart of a debate that has gained momentum in Europe amid high-profile privacy cases: To what extent are social networking platforms responsible for the content their members up-

load?

The actions set the stage for a fresh battle between American web giants and European authorities a month after an Italian court held three Google executives criminally responsible for a user-posted video.

Any changes could drastically alter the way Facebook, YouTube and others operate, shifting the responsibility for privacy from users to the company.

Swiss and German data protection commissioners are demanding that Facebook explain its practice of allowing users to upload

email addresses, photographs and other personal details about people who haven't signed up.

"The way it's organized at the moment, they simply allow anyone who wants to use this service to say they have the consent of their friends or acquaintances," Swiss commissioner Hanspeter Thuer said.

To conform with Switzerland's strict privacy law, Facebook could be required to contact those whose information has been posted online and ask them whether they agree to it, he said.

THE ASSOCIATED PRESS

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Decoding online dating profiles

Relating

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metronews.ca/papamarko

In the era of social media, online dating has shed its shameful image. "We met over the Internet" is a phrase no longer greeted with pity or whispered warnings. Lavalife is the new community singles dance. Christian Mingle is the new church picnic. J-date is the new pushy Bubbe.

Of course, it's wise to proceed with caution. You can discover a lot about someone from their dating profile — more than you might think. Here's how to read between their lines:

He writes: I like hiking, cycling, tennis, hockey, etc. I'm looking for someone who can keep up with my active lifestyle.

Translation: No fatties.

He writes: I really respect strong women and would love to find a successful, independent female to share my life.

Translation: I'm unemployed and you're picking up the tab. Forever.

She writes: I've had my

heart broken many times in the past, so I'm looking for something real. Players need not apply!!!!!!

Translation: Historically, I have a habit of selecting wildly inappropriate romantic partners and will continue to do so because that is how I roll.

If

you are a kind, sincere gentleman who cares about me and wishes to settle down, I will wonder what is wrong with you, complain to my friends that you are too needy and stop returning your calls.

He writes: I prefer the simpler things in life.

Translation: I live in a base-

ment, sleep on my ex-girlfriend's discarded futon and opt for meals that can be prepared using only a can opener and a microwave.

She writes: Well, what can I say? I'm a nice person. I like shopping and chilling with my friends. If u like what u see, let's meet for a coffee and take it from there.

Translation: I have nothing relevant or interesting to say on any subject and am passionate about nothing. Hope you like awkward silence!

He writes: I'm very much in touch with my feminine side.

Translation: I will try on your underwear when you are at work.

They write: My friends think I'm funny.

Translation: I've watched that YouTube video of the monkey picking his bum, smelling his finger and falling off the tree like a million times!

She writes: I wuv my kitty-cat! LOL! Her name is Tiddlywinks and she is mummy's precious widdle baby angel, yes she is!

Translation: Run! Good luck out there.



Views

Girls and their guitars an inspiring sight

FourthWave

Canice
Leung

metronews.ca/fourthwave

When I started going to punk shows as a teen, there were just a handful of girls in a male-dominated scene. It was apparent there were two options for girls who wanted to fit in: Exploit your sexuality, or be one of the boys.

When I saw The Runaways this past week, it was déjà vu. The new movie, about the late-1970s all-girl rock band, is advertised as a

biopic about "the first girls to rock," and I'd say that's a pretty good assessment.

The two protagonists, guitarist Joan Jett and singer Cherie Currie, aim for those two tactics: Sex or toughness. Currie, known for her corsets and fishnets, chose the former; Jett, in black and leather, chose the latter.

The idea of an all-girl band was received poorly: Jett's guitar teacher tries to teach her On Top Of Old Smokey, and declares that girls play acoustic — not electric — guitars. At early shows, they were pelted with garbage; one detractor sneered that "guys don't like girls who are tough. Guys like girls who are soft and flirty."

Yes, once upon a time, people were THAT offended by female musicians — thankfully, that contempt doesn't exist anymore, but the idea of female rebellion still does.

Consider Currie was just 15 years old when she joined the band. On stage, she strutted with a microphone cord snaked around her fishnetted leg. Shocking! But rock 'n' roll is built on sexuality, and so much of growing up is about taking control of one's own body.

In one scene, the band's manager howled: "Rock is a blood sport — it's for men. This isn't about women's lib, it's about women's libido." In recent interviews, Jett said her "parents al-

ways told me I could do anything I wanted." Of her image, she said: "I think it's important that you're able to own it. And women owning their sexuality is threatening."

Rock music has a transformative effect — for misfits such as these girls, it's an escape from a life you don't fit into; it connects you with likeminded people, ideas, politics. It was for me, and I'd guess it was for The Runaways, too. All you can do is throw yourself into the rough and tumble and hope you come out the other side.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

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Lee Kun-hee, South Korea's richest tycoon, has returned as chairman of Samsung Electronics, filling the void left atop the world's second-largest chipmaker after criminal charges of tax evasion led him to resign. METRO NEWS SERVICES

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Starbucks Brewing confidence



ELAINE THOMPSON/ASSOCIATED PRESS

Starbucks CEO Howard Schultz addresses the company's annual shareholders meeting yesterday in Seattle. Starbucks Corp. will begin paying a 10-cents-per-share dividend to investors, Schultz said, signalling confidence the firm's ambitious turnaround effort has taken hold.

Business in brief

EMPLOYMENT Statistics Canada reports 698,800 people received regular Employment Insurance benefits in January, down 47,700 from December. It was their fourth straight monthly decline as the num-

ber of beneficiaries fell in every province, especially Ontario, Alberta, British Columbia and Quebec.

REALTORS The Canadian Real Estate Association says it has not received any offers from

the Competition Bureau to settle allegations of anti-competitive behaviour and has no plans to take Canada's federal competition watchdog to court. The Competition Bureau rejected CREA's amendments

made to its rules Monday to lift restrictions on realtors' minimum service requirements.

WESTJET New WestJet CEO Gregg Saretsky says he wants to increase the Calgary-based

airline's domestic market share to about 50 per cent in the coming years. Saretsky says the discount airline now has about 38 per cent of the Canadian market.

THE CANADIAN PRESS

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Mobile banking up

ING Direct latest to launch full-featured app

Mobile banking is finally gaining steam in Canada, long after U.S. consumers started paying bills on their BlackBerrys and iPhones, but some analysts wonder whether Canadians will rush to embrace banking apps.

ING Direct is the latest Canadian financial institution to launch a full-featured mobile banking app that allows customers to transfer funds, check account balances and transactions, and search for the nearest ATM on a BlackBerry or iPhone.

Last month, CIBC released an iPhone app that allows money transfers and bill payments. ScotiaBank's BlackBerry and iPhone apps only allow users to find their nearest



branch or ATM, while RBC and TD Bank don't have an app but have optimized websites for banking on mobile phones.

In a report released last month, Forrester Research suggested Canadians are very happy with online banking and aren't really

all that interested in going mobile. In a survey of nearly 6,000 Canadians, the most popular responses to why users hadn't enrolled in mobile banking were: "I don't see the point," "I get everything I need from online banking," and "my banking needs are not that urgent that I can't wait to access my accounts through the phone, ATM, or the web."

The Canadian market for mobile banking is still relatively small but it will grow and it makes sense for banks to go after the early adopters, said IDC Canada analyst Robert Burback.

THE CANADIAN PRESS

Carney issues rates warning

INTEREST Bank of Canada governor Mark Carney gave his most explicit warning to date that higher interest rates are coming, and perhaps sooner and higher than previously thought.

The bank governor has always maintained that his promise to keep interest rates at historic lows was contingent on inflation remaining tame, but yesterday issued a clear alarm that he is worried about prices. And in a speech before the Ottawa Economic Association, he underlined just how qualified his commitment to keeping the policy rate at 0.25 until at least July has become.

"This commitment is expressly conditional on the outlook for inflation," he stressed.



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U.S. homes sales drop

Sales of new homes in the United States fell unexpectedly to their lowest point on record in February, in part because stormy weather. **THE ASSOCIATED PRESS**

Rising loonie encourages trips

TRAVEL The rising value of the loonie has more Canadians making plans for a trip across the pond, travel agents say.

"We've had really good numbers for trips to Europe. It's been steady, strong growth to a wide variety of markets across Europe," said Sean Shannon, managing director at Expedia.ca, an Internet-based travel website.

"There's more four star hotels being booked than three star hotels. It's a bit like winning the lottery. People feel wealthier so they want to treat themselves," Shannon said.

TORSTAR NEWS SERVICE

Enviro groups mark concerns

LOBBYING Environmental groups are concerned that lobbying by the Canadian government may have persuaded the European Union to backtrack on a proposed fuel policy that would have targeted Alberta's oilsands.

The European Union is trying to reduce greenhouse gas emissions

THE CANADIAN PRESS

business 15**CanWest seeks bonus for executives**

Troubled CanWest LP, the biggest publisher of major Canadian daily newspapers, wants the court to approve an additional \$1.3 million in bonuses for executives who remain on board during the restructuring and sale process.

That would bring the total to \$6 million in retention bonuses to be paid out to 27 employees over the course of the process, which is expected to end in mid-August.

The request follows the resignation of Dennis Skulsky, president and chief executive officer of CanWest Publishing Inc., effective April 30. The company publishes the National Post, Ottawa Citizen and Montreal Gazette, among others.

Skulsky would remain on board as a part-time adviser and consultant to the end of August when the re-

Court agreement

- Meanwhile, in a separate but related development, an Ontario court agreed yesterday to speed up the process for dealing with Goldman Sachs' complaints about the sale of CanWest's TV assets.

structuring process is supposed to be completed.

Skulsky said he is leaving to spend more time with his family, who are all in British Columbia. He's also rumoured to be a candidate for president of the B.C. Lions of the Canadian Football League.

As a result, CanWest said, it needs to revise its agreement with Skulsky and also increase the bonuses being paid to the remaining executives who are assuming his duties.

TORSTAR NEWS SERVICE

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Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA



Patrick Chan performs his short program yesterday at the world figure skating championships.

Chan soars into second

Skater in the hunt at world championships

Patrick Chan's wide smile was back, and so was the wonderfully familiar sense of lightness in his skating that had abandoned him so abruptly in Vancouver.

With the weight of the pressure of the Olympics off his shoulders, the Canadian finds himself in the hunt for his second consecutive medal at the world figure skating championships, finishing second in the short program yesterday with the best skate of his season.

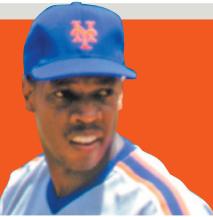
"I kind of got into that zone and got into that flow of just enjoying myself and being in the moment and taking each element at a time and taking my time doing each one," Chan said. "I think Vancouver just helps you on all levels of confidence and elements and everything. It was finally good to be at worlds and really enjoy it instead of being nervous about everything that surrounds it."

"I felt great on the warmup and really was relaxed off the ice, and wasn't nervous, and then I went out and it all went by really fast so I think that's a good sign."

The 19-year-old from Toronto scored 87.80 points for his performance to *Tango de los Exilados*, more than six points high-

Forbes' annual rankings show that Hendrick Motorsports is the most valuable team in NASCAR for the second consecutive year. Forbes' report released yesterday shows NASCAR's top team is worth \$350 million US. THE ASSOCIATED PRESS

Hendrick ranked as NASCAR's most valuable team



Gooden charged after crash

Former Major League Baseball star Dwight Gooden, left, has been charged with driving under the influence of drugs and leaving the scene of an accident. The former pitcher for the New York Mets and New York Yankees had a child in his vehicle at the time of the two-vehicle crash around 9 a.m. Tuesday, police said. Police wouldn't say whose child it was, but they said no one was hurt. THE ASSOCIATED PRESS

Woods to speak before Masters

GOLF Tiger Woods will speak before he plays in the Masters.

Woods is scheduled to hold his first press conference in nearly five months at 2 p.m. on Monday, April 5, according to a tentative interview schedule that Augusta National released yesterday.

It will be his first press conference in nearly five months, and his first time facing a room full of reporters since he crashed his SUV into a tree on Nov. 27, setting

"I suppose the best thing he could do would be open up and just let you guys shoot at him."

Arnold Palmer on Tiger Woods

off shocking revelations of rampant infidelity.

The Masters only recently began conducting a press conference on Monday of tournament week, usually a player with only moderate news interest because most of the media isn't there yet.

Woods is the only player scheduled for an interview that day. Given the sensational nature of his downfall, what he says could trump the NCAA basketball championship game held later that night.

"Our focus that Monday

will be on crowning the next national champion," NCAA spokesman Erik Christianson said.

Arnold Palmer, one of the most popular players in golf history, suggested that Woods be more open with reporters.

"It's up to him to do and say whatever he feels he needs to do to redeem the situation, put it in the proper place," Palmer said. "... I suppose the best thing he could do would be open up and just let you guys shoot at him. And that's just my thought."

The last time Woods held a press conference was Nov. 15 after he won the Australian Masters in Melbourne for his 82nd career victory.

THE ASSOCIATED PRESS

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SCOREBOARD

NHL

YESTERDAY'S RESULTS
 Buffalo 3 Montreal 3 (SO)
 Detroit 4 St. Louis 2
 NY Rangers 5 NY Islanders 0
 Washington 4 Pittsburgh 3 (SO)
 Los Angeles at Colorado
 Anaheim at Vancouver

TODAY'S GAMES
 Tampa Bay at Boston, 7 p.m.
 NY Rangers at New Jersey, 7 p.m.
 Calgary at NY Islanders, 7 p.m.
 Minnesota at Philadelphia, 7 p.m.
 Washington at Carolina, 7 p.m.
 Toronto at Atlanta, 7 p.m.
 Chicago at Columbus, 7 p.m.
 Florida at Montreal, 7:30 p.m.
 Los Angeles at St. Louis, 8 p.m.
 Phoenix at Nashville, 8 p.m.
 Dallas at San Jose, 10:30 p.m.

NBA

YESTERDAY'S RESULTS
 Utah 113 Toronto 97
 Atlanta 86 Orlando 84
 Boston 113 Denver 99
 Charlotte 108 Minnesota 95
 Cleveland 105 New Orleans 92
 Indiana 99 Washington 82
 New Jersey 93 Sacramento 79
 Oklahoma City 122 Houston 104
 Philadelphia 101 Milwaukee 86
 LA Lakers at San Antonio
 Memphis at Golden State

TODAY'S GAMES

Miami at Chicago, 8 p.m.
 LA Clippers at Houston, 8:30 p.m.
 Dallas at Portland, 10:30 p.m.

For more scores, visit metronews.ca/sports

Sports in brief

FOOTBALL NFL players should be safer during games thanks to several rules changes passed at the league meetings yesterday. They also might be playing longer in regular-season overtimes. The NFL passed rules to further protect defenceless players, including ball carriers who lose their helmet during a play.

CURLING Canada's Jennifer Jones suffered the first blemish on her record at the women's world curling championship yesterday with an 8-7 loss in an extra end to Germany's Andrea Schopp.

COLLEGE BASKETBALL Syracuse centre Arinze Onuaku will not play tonight against Butler in the West Regional semifinal. Orange coach Jim Boeheim

said the six-foot-nine centre is doing better but will not be available for the Butler game.

NBA The Denver Nuggets might not have coach George Karl back on the sideline until the playoffs begin next month. Karl is undergoing treatment for throat and neck cancer and, according to a blog by his girlfriend, he was hospitalized this week with blood clots in his lungs and a leg.

BASEBALL Major League Baseball made a minor change to its post-season schedule yesterday, eliminating an off-day in the middle of the league championship series and adding one before the World Series. The change was the first made at the recommendation of the special committee for

on-field matters appointed in December by commissioner Bud Selig.

BASEBALL The Tampa Bay Rays beat the Toronto Blue Jays 5-3 yesterday behind two solo home runs by Jason Bartlett and another solid pitching performance by Jeff Niemann.

SOCCER Samuel Eto'o scored twice — his second goal coming with a spectacular bicycle kick — and Inter Milan beat Livorno 3-0 yesterday to restore a four-point lead in Serie A.

SOCCER Tottenham staged a second-half comeback to reach the FA Cup semifinals with a 3-1 victory over Fulham yesterday and stayed fourth in the Premier League after Manchester City was beaten 2-0 by Everton.

METRO NEWS SERVICES



Camp do

If you're sending your child to camp, send him or her a modest care package along with a couple of fun and funny letters. OURKIDS.NET

Summer Camps

Camp: A new beginning

Opportunity abounds for kids enrolled in summer programs

RICHARD WOODBURY
for Metro Canada



There are many benefits kids get from going to summer camp. One of those benefits is that they can learn without the pressure of being graded.

"They can just enjoy learning," says David Field, the editor of the Ontario-based Our Kids Go To Camp magazine. "It doesn't have to have something attached to it that they have to achieve."

This means kids can progress at their own pace.

"We take a child from where they are to anywhere they can go in the specified time we have them and they feel good about it, as opposed to being graded on it," says Andrea Jaros of SAIT Polytechnic in Calgary. She's responsible for the summer camps at SAIT and is a former teacher herself.

Camps can also offer kids a fresh start, compared to what they're used to at school.

"In school, there's certain assumptions or you might get labelled," says Field.

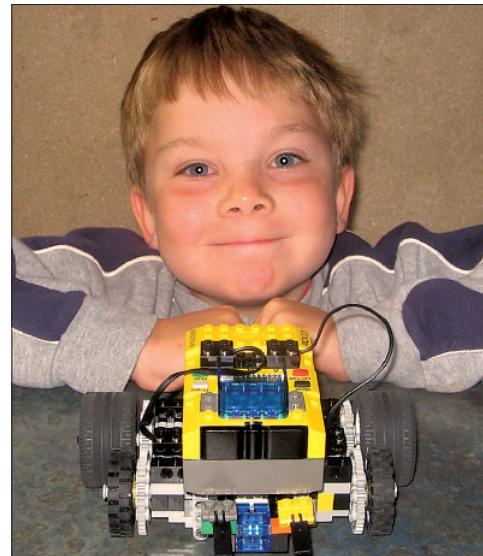
"But when you go to camp, it's a whole new beginning. You start fresh, (it's) a chance to meet all new people, do all new sorts of things, nobody knows anything about you."

Summer camps also help develop life skills, such as

Summer camp helps kids develop life skills



Benefits for kids who attend summer camp include learning without school pressures, a chance to start fresh and the development of life skills.



conflict resolution and communication skills.

This is especially true in overnight camps.

"You have to get along with people that you may be in the same cabin with or people you're spending all day long with," says Field.

"It's a different circumstance. You don't go home at night and then get away from them. You have to learn how to work with people. You may not like everybody, but you have to respect and understand them."

How to determine if a camp is right for your child

Take these factors into consideration

- **Preparedness:** Is your child ready to be away from home? Has he or she been prepared by previous short stays away?
- **Personal needs:** What are your child's special needs — security, discipline, group living experience, independence, group awareness, improving old skills and interests, learning new ones?
- **Physical:** Does your child need special consideration because of any physical condition?
- **Judgement:** Can your child's needs be met best in a general camp, or in a camp especially designed for children with similar needs?
- **Leadership:** Are the leaders mature, competent to guide children and to supervise assigned activities?
- **Inspection:** Have you visited the camp? Does the camp meet your child's needs? Consider attending an open house at the camp.
- **Verification:** Have you talked to the parents of children who have attended this camp?
- **Purpose:** What is the camp's purpose? Does it fit your child's purposes?
- **Personality:** Are the living groups small enough to give your child a sense of security and belonging — to feel that he or she is an individual, not just lost in the crowd?
- **Facilities:** Do the facilities of the camp make it possible for your child to develop new and desirable skills that are compatible with his or her potentials?

B.C. CAMPING ASSOCIATION

something different.

"It's a chance for them to discover new likes and dislikes," says Field.

"It's a chance for them to make new friends, and also the friendships will last a lifetime."

influences in their lives," says Jaros.

In today's age of emails, text messages and cellphones, the camp experience is face to face.

"The entire camp experience is social," says Field.

"You're not chatting with someone on a screen, you're talking with them in person and you're gaining experiences with people."

But above all, camps provide an opportunity to do

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18 summer camps



With buy-in from your kid, camp is a great way to keep idle minds and hands engaged throughout the summer.

Want your kids to have fun at camp? Involve them

MICHELLE LINDSTROM
for Metro Canada

For most, the arrival of spring stirs up excitement about rising temperatures but for others (read: Parents) it is a scary reminder that kids will soon be out of school with idle hands and minds.

Calgary-based Creative Kids director Anna Dunne said some parents call her about summer camps in December but that's not exactly necessary.

She explained most toddler day camps fill up faster than the week-long camps for six-to 10-year olds. This is because only 12, three to five year-olds are accepted for each day camp.

Another good reason not to wait too long to register, explained Dunne, is that camps are great ways to break up the routine for kids and parents in the

summer.

Ryan Turner of Mad Science of the Maritimes in Halifax said camps allow kids to meet and become friends with others they wouldn't have met otherwise.

"Our camps allow kids to make the connection between learning and fun at an early age," he explained in an email, adding that kids come to his camp from all over the city and province for the love of science.

"Our camp is all about sparking and encouraging curiosity," said Turner.

Picking the right camp for your child may be a challenge as there so many out there — science, music, sports and so on.

"It's important to find your child's passion area

and then follow through and that will make their summer camp experience more exciting," Dunne said.

"A camp should be like a treat or something special to get excited about, as opposed to something to get bored with or dread."

What to do about the shy or nervous little ones?

"This happens every year and every year the child is fine by the end of the first day," said Turner. "This is obviously an important step in a child's development."

Dunne said by school age, most kids are familiar and comfortable with Mom or Dad leaving them for the day. It's toddlers who haven't all grasped the concept their parents

will definitely return to pick them up at day's end. She said some parents start young kids with half days to work up to full-day camps.

Also, sometimes it's best for parents to just leave the room and let the camp instructors distract an upset child just being dropped off, said Dunne, and the majority of the time the toddler is fine within minutes.

Dunne and Turner note camp instructors have background checks, teacher training and at least one member on site has first aid training as well. Prices vary significantly for camps based on the duration, equipment provided and location.

It's best to get your child involved in the decision-making process so your money isn't wasted on a camp he or she never would have chosen if asked.

Camp should be a treat, not a burden

Camp can teach your child self reliance
The temporary separation of children from parents can teach them to rely upon their own decisions and abilities. B.C. CAMPING ASSOCIATION

Dealing with homesickness

JON TATTRIE
for Metro Canada

March Break camps are often the first time children spend a night away from home and the experience can lead to feelings of loneliness and abandonment. Sometimes it's hard for the kids, too.

Agnes Stawicki, managing editor of the magazine Our Kids Go to Camp (ourkids.net/camp) says both parent and child can head off trouble by getting kids involved from the start.

"We say first and foremost to really involve the child in the process so that they get excited about it from the start and they have a role and a responsibility," she says.

Kids shouldn't feel like they're being sent away from home, but that they're choosing to go to summer camp.

Tell them what their days and week will be like and that there will be other campers just like them, along with staff who can help them with any problems.

She reminds parents that camp staff are highly trained in the physical and emotional care of children and the low staff-to-camper ratio means they can keep a close eye on everyone.

Stawicki recommends a trip to a cottage

and sleepovers at a friend's house to get kids accustomed to sleeping away from home and family before heading for the week-long camp.

Often the real fear is coming from the parents, not the kids, she says.

"The children get there and love it and want to stay an extra week, whereas the parents are the ones missing the kids."

Homesickness is a "natural, healthy" emotion, she says, and parents can prepare kids for it by letting them know they might feel lonely, perhaps comparing it to a tummy ache.

"You want the child to have a realistic approach to it," she says.

It might seem like a good idea to call the camp daily to make sure your child is not homesick, but that can backfire.

"It's really only going to increase any homesick feelings if the parents continuously call during the camp session," Stawicki says.

She advises kids to leave the cellphone at home. Instead of calling, parents can send a nice package with a few treats and a photo from home, timing it so the parcel arrives two days into the break.



Camp dos and don'ts for parents

Tips for dealing with separation

Do

- Respect the camp's visiting rules; some camps do not allow parents to visit while camp is on.
- Trust the camp you have researched and chosen to look after your child; it's their job.
- Send a couple of fun, and funny, letters (or e-mails, if available and acceptable at camp).
- Send a modest care package.

Don't

- Go overboard in sending elaborate packages.
- Worry if they haven't written; it likely means they're having fun.
- Telephone constantly or send countless letters and emails.
- Unpack for your child if you drive to camp; give him or her the space and independence to get settled.

SOURCE: OURKIDS.NET

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Camp can give kids a lesson in good citizenship

Good citizenship can be learned by experience in a camp environment in which democratic group living is a necessity. **SOURCE: B.C. CAMPING ASSOCIATION**

summer camps **19**

Sports camps give kids edge

Skills developed through the year can be fine-tuned with summer programs

MIRANDA MINASSIAN
for Metro Ottawa



Summer sports camp is a great way to keep kids active, involved and too busy to get into trouble.

Carleton University runs the Summer Sports Camp and Children's Program on campus all summer long. The camp has been run for the past 35 years.

"We've been around so long that we now have former campers sending their kids to us," said summer camp co-ordinator Chris Surgener.

"We have families calling before registration is open to make sure they don't miss the date."

Their summer camp program offers individual sport registration, as well as leadership and multi-sport camps.

"We have fantastic sports facilities here at Carleton," said Surgener. "Summer camps allow the community to get good use of them."

The City of Ottawa of-

fers more choices than you can throw a ball at when it comes to sports and recreational camps.

and most camps run Monday to Friday, 9 a.m. to 4 p.m.

This city provides a fee assistance program for parents who are unsure whether they can afford the cost of summer camp.

Each qualifying individual is eligible for a maxi-

mum of \$165 in fee assistance, which can be put towards as much as 75 per cent of the program costs.

Formal clubs are another option for

chil-

They offer everything from traditional sports like volleyball and basketball to swimming and life-guarding skills.

Classes are offered for pre-school, ages three-five, children, ages six-12 and youth, ages 13-16. Prices vary depending on the activity,

dren interested in a particular sport.

The Ottawa Canoe Club and the Soong Badminton Academy are just a few of the



Keep kids engaged and participating with the many sports camps offered in the Ottawa area.

sport-specific clubs in Ottawa to offer summer camp programs for kids.

Specialized camps can foster an interest, or focus on specific skill development.

"The summer camps appeal to everyone," said Sam Mann, the administrator at the Ottawa Academy of Martial arts.

"Most kids either come back next summer, or join the year-round program.

They want to keep up with their progress."

Keep children engaged and participating all summer long with the many sporting opportu-



What to consider when selecting a camp for your child

- You will play a very important role in the success of your child's camping experience from the moment you think about camp, to making the camp selection, preparing for camp, the experience itself, and the post-camp incorporation of the experience into your home.

- In selecting a camp there are four main fac-

tors to be considered. These are: 1. Knowledge of the camp selected. 2. The expectations you and your child have for camp. 3. The camper. 4. An awareness that the people who direct the camp are far more important than the equipment, buildings, and facilities advertised.

SOURCE: B.C. CAMPING ASSOCIATION

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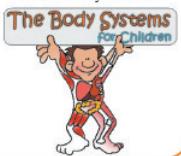
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- Environnement
- Architecture et génie civil

Notre 2^e édition des Camps d'exploration de carrières aura lieu durant les deux premières semaines de juillet, soit la **semaine du 5 juillet et la semaine du 12 juillet**, de 9h à 15h. Chaque camp, **au coût de 125 \$**, est d'une durée de 5 jours. L'inscription pour les camps débutera le 22 mars et se terminera le 28 mai.



Pour plus d'information, communiquez avec Jocelyne Agnew
campscarrieres@lacitec.on.ca | 613 742-2483, poste 2891

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20 summer camps

Camp is a great way to provide kids with new experiences
New opportunities will be available for exploration and to learn new skills under proper guidance and instruction. **B.C. CAMPING ASSOCIATION**

City and university camps have something for all

Leadership and career development just some of the options available for older kids

ANDREW SZTEIN
for Metro Ottawa



A summer off from school doesn't mean countless days sitting on the couch playing Xbox, not when there are so many options around the city for enriching summer camps.

Both of Ottawa's major universities, Algonquin College, and the city of Ottawa are all hosting a variety of summer camps for children of all ages and interests.

The University of Ottawa Gee-Gees are putting on some sporting summer camps, where boys and girls alike can learn how to properly play sports such as hockey, basketball, rugby, volleyball, and soccer.

For the older set, Algonquin College is offering a selection of camps between July 5 to 30 aimed at youths aged 12 to 17.

Chief among these is a workshop for youths called "career samplers" where attendees get to

"(Campers get to) spend five days at the college experiencing what it is like to work in an industry of interest to them. This could be in game development, animation, auto repair, etc."

David Hall, communications officer, Algonquin College

"spend five days at the college experiencing what it is like to work in an industry of interest to them," said David Hall, communications officer

for the college.

"This could be in game development, animation, auto repair, etc."

Carleton University is also hosting leadership

camps, sports clinics, lifesaving classes, and more.

Carleton is also offering a specialized camp for children aged three to six, where campers will take part in "an exciting half day of sport activity, aquatics and arts and crafts," said the Carleton website.

If it's exercise for the mind that you're after, the city of Ottawa is hosting dozens of different camps for children of all interests. These include

drama camp, Little Splinters Woodshop, Ooey Gooey Science, A Bug's Life camp, Marvelous Musicians, and a plethora of swimming and sports camps.

A full list of the offered programs can be found on the City of Ottawa's website and in hard copy form at various grocery stores throughout the city.

For any of the programs offered, there are early drop-off and late pick-up options for busy parents.

Y Day Camps

Information Nights

Tuesday, March 30
7:00 pm – 8:30 pm
Ruddy Family Centre Y
(formerly the Orleans Y)
265 Centrum Blvd, 613.830.4199

Wednesday, March 31
7:00 pm – 8:30 pm
Metro Central Y
180 Argyle Ave, 613.788.5000
Kanata Y
1000 Palladium Dr, 613.599.0280



Look to the city and Ottawa's universities and college for summer camp options.

Camp Davern
For girls ages 6 – 16

Information Night

Thursday, April 8
7:00 pm – 8:00 pm
Metro Central Y
180 Argyle Ave, 613.788.5000

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summer camps **21**

Get creative in summer art camp

Inspire your little Picasso at one of the many programs available in Ottawa

TIM WIECLAWSKI
Metro Ottawa



Summer is a great time for creative kids to spend a week or two immersed in the arts.

In a city with such a vibrant visual and performing arts scene, it's no surprise that dozens of summer arts camps are available each season.

Starting in July, the Ottawa School of Art offers all day camps for artists between the ages of six to 15 years old at its downtown studios and at the Shenkman Arts Centre in Orleans.

Younger kids will work with a wide range of media from painting, drawing, printmaking, cartooning, sculpture, said OSA Marketing and events coordinator Amy Lynch.

Camps for the teenage artists will focus on a more specific medium.

At the end of the week, students put on an open house to show off their

work to their parents.

"The children are all taught by professional artist instructors," said Lynch. "The instructors are all practicing artists themselves, so they get a genuine experience."

For kids who just want to have fun with arts, crafts and swimming, Camps Canada offers an arts and crafts and swimming camps for boys and girls ages five to 12 years.

The camps are based in the west end of Ottawa.

The city of Ottawa is offering a four-week arts leadership training course to provide youth aged 14 to 17 with the skills to work in an arts environment.

The course runs from June 28 to July 23 at the Routhier Community Centre. The final week has students organizing and preparing a multidisciplinary arts event featuring projects and performances completed throughout the program.

So, your kids think they can dance? Or do they just want to learn? Ottawa Dance Sport Studio offers a summer camps in July for children between 12 and 16 years old.

Kids will participate in group, couple and non-partnered choreographed routines and take part in outdoor activities.

For kids looking for a little theatre experience, look no further than the Ottawa Little Theatre.

Kids between nine and 17 will strut their stuff at one of Ottawa's best-equipped theatre spaces. The workshops provide professional instruction on specially-chosen topics, and give participants the chance to perform on the historic Ottawa

Camps include visual, dance and theatrical arts



Encourage your child's artistic expression this summer.



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Locations

- Ottawa West: Loch March Golf Club
- Ottawa East: Greyhawk Golf Club



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Golf School
Danielle Nadon

Half-Day Camps - Summer 2010

- 9AM to 12PM
- Monday through to Friday
- Weeks of June 28th through to August 23rd
- Cost: \$195¹ per child per week



Full Day Camps - Summer 2010

- 9AM to 4PM (with 1-hour break for lunch²)
- Monday through to Friday
- July 5th to 9th at Loch March Golf Club
- July 12th to 16th at Greyhawk Golf Club
- July 26th to 30th at Loch March golf Club
- August 9th to 13th at Greyhawk Golf Club
- Cost: \$425¹ per child per week

Call (613) 729-2228 or go to www.t-to-green.ca for more details.

¹Applicable sales taxes not included. ²Meal not provided.



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Summer Camps and Programs



Virtual Ventures is a not-for profit organization run by students who want to make a difference in the lives of today's youth. Our main focus is running a nationally recognized technology and science summer camp for youth who have completed grades 1-10.

Other programs run through Virtual Ventures include fall and winter clubs and a school outreach program. Virtual Ventures uses the facilities of the Faculty of Engineering at Carleton University to provide youth with experience in all aspects of computers and information technology during week-long summer day camps and weekend workshops.

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Creative storage for spring cleaning

recently visited a friend's condo who showed me a spare bedroom that she had transformed into a large dressing room. In her magical room she could have shoes, hats, belts, jewellery and all of her clothing on display. Most of us can't afford such luxuries as extra rooms, time or the money to create such an extravagancy for our wardrobe. There are however a few places around the house that can offer up organized storage to keep our lives a bit more orderly, especially as we all start cleaning up this spring.

Bedroom:

Adding floor-to-ceiling, built-in cabinetry on each side of your bed will replace night tables and offer as much storage as four



Be creative when finding extra storage space in your home.

dressers. Keep the cabinetry open at bed height for easy access to a lamp, alarm clock and books.

Add a second hanging rod in the closet. It will double

the hanging space for shirts, pants and jackets.

Install an extra shelf above the top rack in the closet; it's a great place to hide away out of season

Shoes and accessories.

Kitchen: Filling a wall with decorative floating shelves can display attractive baskets, gin-

ger jars and containers for storage.

Got a blank wall? Try adding some additional cabinetry for storage. Glass doors on top will make them look lighter and less bulky.

Spare bedroom:

Consider a murphy bed; they are great for tucking out of sight when guests are not around and make the room look larger.

If you are not using the closet for clothing, consider turning it into a home office. A few built-in shelves and a simple electrical installation can give you a work station that can be hidden behind doors.

Attic space in a house or 'bonus den' in condos:

As long as you can add a closet you can have a bed-

Decor Moment

Karl Lohnes

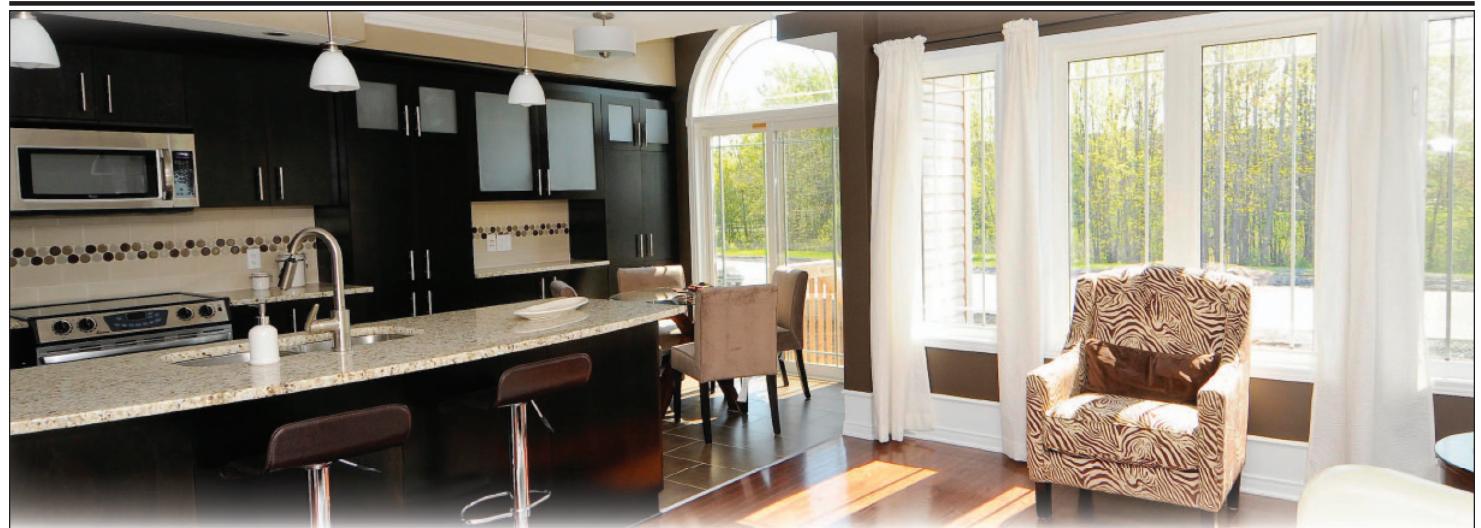
metronews.ca/decormoment

room! I love the open closet project (pictured).

A built-in desk with shelving above will add vertical storage and make use of those weird, unusable spaces.

Don't know where to start? I suggest calling a closet organizer to come for a visit to your home. They will access the space you've got and create an organized oasis for you and all your stuff. California Closets.com is a good place to start as they have professionals in every major city.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home, no matter what your budget or style.



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SPECIAL FOCUS ON:
Spring Cleaning

metro homes **23**

Battling extreme clutter

From clothes, papers and trash strewn throughout rooms to refrigerators crammed with rotting food, the show Hoarders offers a startling glimpse of individuals whose inability to discard things overruns both their homes and lives.

The hit A&E reality series, which debuted last fall on TVtropolis in Canada and fits in perfectly with the theme of spring cleaning, shines a spotlight on people living with the obsessive-compulsive disorder, and on the professionals and organizational experts who help steer them towards recovery.

Hellen Buttigieg, a certified professional organizer and life coach, said she has seen similar situations and that it occurs a lot more than people think. One of the biggest insights she's gained from the series is that for hoarders, working with a professional organizer isn't enough.

"You certainly need to see a therapist because it is a serious pathological disorder," said Buttigieg, own-

er of We Organize U in Oakville, Ont. "I know there's professional organizers out there that have just begun their careers and don't really understand, and so I'm glad that this show is bringing an awareness, because for someone to think they can just go in and tidy up, it's way more than that."

While the series showcases an extreme level of hoarding, many individuals undoubtedly face their own unique challenges in trying to keep their homes and workplaces organized and clutter-free.

Buttigieg said there are a number of things that prevent people from letting go of things. Among them: fear, namely that they will need the items someday down the road. Another obstacle is the decision-making process and figuring out what it is you'll need.

"Have a look at the things that are really, really important for you," said Buttigieg, co-author of Organizing Outside the Box: Conquer Clutter Using Your

"Mine for the diamonds ... the things that matter most rather than the things that kind of matter but in the grand scheme of things aren't that important."

Professional organizer Hellen Buttigieg

Natural Learning Style.

"Mine for the diamonds ... the things that matter most rather than the things that kind of matter but in the grand scheme of things aren't that important."

While everyone is unique, Buttigieg said she commonly hears people saying they feel overwhelmed, don't know where to get started, or that they start or get stuck when it comes to organization and decluttering.

First, Buttigieg said it's important to look at your expectations.

Setting unrealistic goals, such as saying you're going to clean up in one weekend a mess that took 30 years to amass can sabotage your success, she said.

Buttigieg also recommends having an advance plan and marking a date on the calendar rather than just setting to work when the mood strikes. That way, you can have all supplies at the ready, like boxes to place donation items, markers, labels and garbage bags, she said.

"It allows you to kind of get the momentum going and to be prepared so when that day arrives, you can conquer the clutter head on."

Another tip is what she describes as the 15-minute brain trick. Set a timer for 15 minutes a day and work on a specific area, like your junk drawer or a part of your closet. Then tell yourself after time is up you can stop.

"If you've got the momentum going, go further. That's part of what makes this successful," she said.

THE ASSOCIATED PRESS



A photo of a cluttered living room as seen on an episode of the latest season of the A&E series Hoarders.

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Cleaning house, Vileda-style

SPRING CLEANING Vileda is celebrating a slew of anniversaries for its products just in time for spring-cleaning. When you buy one of the following items, you get a chance at winning quite an interesting vacation package, read on for details.

The **Vileda Super Twist Mop** turns 30 this year. It was Canada's first non-woven string mop and is currently the No. 1 selling mop in Canada. This year, the **Oskar Broom** celebrates its

METRO NEWS SERVICES

25th anniversary. The angled broom's bristles are made of recycled plastic bottles making it a popular choice for the environmentally conscious spring cleaner. Vileda's **Fibro Contact Mop** is now 15 years old. Its trapezoidal shape and cotton-microfibre blend make it great for cleaning and it's machine washable as well.

For more info, on Vileda products and the Anniversary Celebration, visit Vileda.ca.

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Quality and timelessness are found in structures built with brick and stone. But after years in this harsh Canadian climate, masonry needs a little refurbishing due to weathering.



While roofs and windows are out for renos this year, outdoor rooms and backyard kitchens are in, says TV host Mag Ruffman.

This year, it's time for small-scale renos

JON TATTRIE
for Metro Canada



Last year saw home renovations go big to take advantage of the government tax rebate, but this year, people want small-scale projects that will beautify their home, says DIY guru Mag Ruffman.

Ruffman, host of the TV show *Anything I Can Do* and before that *A Repair to Remember*, says she, like many people, spent money repairing her roof and windows in 2009.

"This year, people want to do something a little more frivolous or cosmetically appealing that will make them feel better about their homes. Because honestly, new windows and a roof? There's no romance," says Ruffman, who wrote Steve Smith/Red Green's biography *We're All In This Together*. "People want a project to work on over the weekend that won't cost and arm and a leg."

That could mean building or refinishing the back deck, building outdoor rooms such as a summer kitchen or landscaping. Ruffman says many people are planning another staycation to conserve money, so they want to spend on projects that enhance their home.

Ruffman's blog, Toolgirl.com, is full of recent projects like an iPod dock made out of lumber harvested from trees killed by



Most people splurged last year on expensive renos, such as their roof, but that won't be the case this year.

"People want a project to work on over the weekend that won't cost and arm and a leg" TV host Mag Ruffman

beetles and forest fires and lampshades fashioned from plastic bags.

She points people to Instructables.com and Etsy.com, where people share tips on building laser-controlled robots and sell crafts. "You can get really good ideas," she says. "People are looking for pretty or fun."

As for the Tool Girl herself, her current favourite home renovation tool is Sugru, an Irish invention that invites people to "hack

things better."

The silicon rubber can be molded into any shape and is heat-resistant and waterproof. Fans use it to prolong the life of household items or to improve them.

"I just can't get enough of it!" Ruffman laughs. She's also nicknamed herself the iron maiden, as she's into micro-forging this year.

"This is the hottest thing. It's like a hot-glue gun, but it squirts molten metal," she says. "It's so fun. You just use a propane torch,

heat up thin wire and whale on it with a hammer."

Ruffman says the DIY movement is finding balance this year. Once upon a time, homeowners hired professionals for every household job.

After the DIY craze, everyone did everything themselves. Now, homeowners call in the pros for major jobs like the roof and take on the enjoyable, smaller projects themselves.

"People realize that after a whole day working, they have nothing tangible to show for it. They really want to garden, they really want to build something, because then they can point it out to their friends and say, 'I made that,'" she says. "People are valuing this work that people do with their hands."

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Canadian owned clothing manufacturer Eleventh Floor Apparel has teamed up with Centre of International Studies and Cooperation to donate over 900 garments to the Haitian Disaster Relief. METRO NEWS SERVICES

Style



Growing fond of nature

The spring One of a Kind Show and Sale pays tribute to nature this year with a showcase that includes sustainable fashions, food, beauty and home decor. Eco-friendly designers from across Canada will feature a diverse lineup of fashions, accessories and beauty products. This will include cardboard necklaces (pictured left) by Pasapapier. The show takes place March 31 to April 4 in Toronto. Tickets are \$12 (\$10 online at oneofakindshow.com). METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Celebrity arm candy

Designer's whimsical leather bags are a Hollywood hit

JANINE FALCON
for Metro Canada



"It always, I think, starts for me with a pretty idea, and then we work backwards, how do we make this practical," confesses handbag designer Rebecca Minkoff in an interview with Metro.



Rebecca Minkoff
Leopard Lovenote
Clutch, \$475

"Almost every store is asking for an exclusive, even Saks, as a way of getting people in the door"

Handbag designer Rebecca Minkoff

"Sometimes honestly, I'll admit, I'm not the most practical."

We're talking about her first bag, the Morning After, her signature, designed at the request of friend Jenna Elfman, and the one that launched Minkoff as a handbag designer

of celebrity note. Still the best-seller, and one of an assortment now available at Holt Renfrew, it's actually her most practical, with several tidy pockets, room for sleepover essentials, and a style esthetically appropriate for office and out-of-office hours.

As an example of her design whimsy when she'd first created the Morning After, she points out the shiny D-rings she'd added

Rebecca
Minkoff
Morning
After Bag,
\$715



only as details to the sides just because she liked the shape. "I had stores calling saying 'you shipped it without the shoulder strap,'" she recalls. There was no strap because Minkoff doesn't like the look of one with the bag, but she had to concede. "It became 'if you want this bag to sell, it needs to have a shoulder strap.'"

Minkoff's work adorns the arms of the pretty-and-famous such as Rachel McAdams, Hilary Duff and Sarah Jessica Parker and many, many more. She's had no formal training in bag design; it all began with sewing when she was eight. At 13 she made her bat mitzvah dress, and prom and graduation dresses followed.

Her label debuted with clothing in 2001 and has expanded to include her oft-photographed bag collection as well as bracelets and wallets, and an intense schedule of merchandise deliveries that includes several retailer exclusives.

"Almost every store is asking for an exclusive, even Saks, as a way of getting people in the door," she explains. "If you're carried in all these places, the only way to do it is to cater to each store. So now I have exclusives with every store."

Her material of choice is Italian leather for its "magic," but an eye-catching blue — another signature — Ethiopian tie-dyed-by-hand



Designer Rebecca Minkoff, left, with friend and actress Jenna Elfman, who was the inspiration behind Minkoff's popular Morning After Bag.



Linear Stud Rocker
in ivory and black,
\$350 each



Buy Rebecca
Minkoff
bags at Holt
Renfrew

Mini Rikki in
turquoise, \$585



leather has found its way into her summer 2010 collection. So has microfibre, in response to customer requests for something at a lower price point. "I was able to create the look of a faux python that looks real, but it's fabric, and brought the price down almost \$150 to \$200 at retail. I think my customers really appreciated that," she says.

Inspiration comes from a variety of sources: Vintage bags, flea markets, and old photos. Several in her current collection sprang from the details in motorcycle jackets, such as metal pyramid studs and bold zippers.

"That led me to motorcycles and the bags that people have on motorcycles, that are attached to them," she says. "There's a whole group that's coming up later that came from that."

Alexander Wang and Balenciaga are the two designers she names when asked which by-others bags she admires. "I don't wear any of them," she admits. "But I'm always like 'MAN, they did it AGAIN!'"

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RDI Model & Talent is owned and operated by C.E.O. T. Goble. B. Alex Markle is a 19 year fashion veteran,
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RDI Model & Talent is still looking for male models for events
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Summit Entertainment's strategy to release its much-anticipated *New Moon* DVD on a Friday night — just as the studio did for the release of *Twilight*'s DVD — is paying off handsomely. The studio reports that the DVD of *The Twilight Saga: New Moon* sold four million units over the weekend. ew.com

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Breakthrough for the Biebs

Justin Bieber

Album: *My World 2.0*
Label: Universal
Rating:

IF YOU HAVEN'T felt it already, get ready for a total Justin Bieber onslaught. The Stratford, Ont., native's new disc is the perfect mainstream radio listen — a mix of R&B and pop, with lyrics about teenage love. It's not bad, in that it does what it's supposed to — rope in teenage girls with infectious, but not at all challenging, sounds. The worst parts about this aren't Bieber, it's Ludacris sounding old with a terrible rap on Baby and Sean



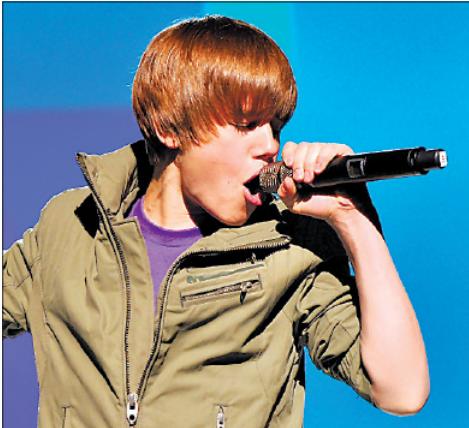
Kingston's awkward reggae-tinged additions to Eenie Meenie, Bieber's at his best when he sticks to what he knows — singing straight-up teeny pop.

Bryan Borzykowski/for Metro Canada

Goldfrapp

Album: *Head First*
Label: Mute
Rating:

AFTER GOING FOLK for 2008's pastoral *Seventh Tree*, Alison Goldfrapp and Will Gregory have relocated their synths and gone back to their electronic pop roots. But Head First isn't just a return — the duo sounds hungry for the commercial



Justin Bieber received help from Ludacris and Sean Kingston on *My World 2.0*, but is at his best when he sticks to straight-up teeny pop.

success that abandoned them on their last album. The songs smack of Kylie Minogue were she produced by ELO's Jeff Lynne, leaving Goldfrapp with

one platform heel in the '70s and one jelly in the '80s. The simplicity of the songs though disappoints and ultimately undermines their reputation as shrewd songwriters, leaving Head First as a vain attempt to reclaim their place atop the charts.

Cam Lindsay/for Metro Canada

Barenaked Ladies

Album: *All in Good Time*
Label: Records/EMI
Rating:

ANYBODY WHO ACTUALLY thought the Barenaked Ladies would be as good a band without Steven Page was simply dreaming. Page was half



Album Reviews

music@metroneWS.ca

the sound, half the spirit, half of everything Bare-naked. This is not to say the current four-piece is only half the band that we grew to know and love. The one thing nice about Page's departure is that it has pushed the songwriting talents of Jimmy Cregan (I Saw It) and Kevin Hearn (Another Heartbreak) more to the front. Still they are no match for Page's soaring vocals. In reality, this is now Ed Robertson's band. His opening single You Run Away, written directly at his old friend Page, is the album's strongest track. It's a great track, showing an unfamiliar dark side of Robertson. Unfortunately, nothing else on the CD has the same impact.

Graham Rockingham/for Metro Canada

critics' corner

MasterWorks

"Estella Solomons" profiles the Irish artist whose work included portraits, landscapes and etchings. She's also remembered for her work away from the canvas fighting for Irish independence as a member of Cumann na mBan, a women's paramilitary organization. She brought her politics into the studio by offering it as a safe house for republican volunteers during the 1916 Easter Rising. 10 PM on 2 TVO



The Nature of Things

Listen to the ocean. No, not the sound of waves breaking on the beach, lovely though that is. The latest installment in the "One Ocean" series, "The Changing Sea" explains that the ocean is sending us signals about its health. Warmer temperatures, a decrease in oxygen and an increase in acidity are compromising its chemistry and its ecosystems — which could have repercussions for us if we don't start paying attention. 8 PM on

Rufus Wainwright

Album: *All Days Are Nights: Songs for Lulu*
Label: Universal
Rating:

RUFUS WAINRIGHT HAS always minded his personal life for material, so it's natural that he'd deal with his famous mother's cancer and recent death on his latest record. He doesn't cloud his terrible ordeal in his familiar over-the-top pop — instead he delivers 12 gut-wrenching tunes with only a piano and his voice. The final track, Zebulon, is the most explicit song about the turmoil in his life, "my mom's in the hospital, my sister's at the opera, I'm in love, but let's not talk about it," he sings. The record is uncomfortable, haunting, magical and brilliant.

Bryan Borzykowski/for Metro Canada

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OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/25/10	265	353	2	TVO	Super Structures (N)	The Agenda With Steve Paikin	Party Animals	MasterWorks "Estella"	Agenda-Paikin			
	211	331	3	GTV	Entertainment	ET Canada	Bones (HDTV)	The Office (N)	Tucson	90210 (HDTV) (N)	News Hour	
	-	-	5	SRC	Virginie (SC)	Informan (SC)	Enquête (HDTV) (SC)	Le Show caché (SC)	Le Télé Journal Nouvelles. (SC)	TJ Ontario		
	209	342	6	CHRO	TMZ (N)	Access H.	FlashForward (HDTV) (N)	Fringe "Jacksonville"	(10:01) Private Practice (N)	Comedy Now		
	196	311	7	CTV	The Vampire Diaries (N)	CSI: Crime Scene Investigat'n	Grey's Anatomy (N)	(10:01) Flashpoint	CTV News			
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Love, Hate and Propaganda	CBC News: The National	The Hour			
	-	364	9	NBC	Wheel Fortune	Jeopardy! (N)	Community (N)	Parks/Recreat	The Office (N)	30 Rock	The Marriage Ref (N)	News
	117	713	10	TVA	La Serie Montréal-Québec	Dieu merci! (HDTV) (SC)	Dieu merci! (HDTV) (SC)	Juste pour rire (SC)	TVA nouvelles	(10:45) Denis Lévesque		
	-	-	11	OS	Big Brother QC	Rire et dérire	Péris sur la terre (2008, Suspense)	Charles Shaughnessy	L'Attaque à 5 (N)	Big Brother QC		
	137	763	12	TFO	Panorama	Qhapaq Nan: Volt	(9:01) Bord de mer *** (2002, Drama)	Villages	Big Brother QC			
	-	362	13	CBS	College Basketball	NCAA Tournament, Regional Semifinal: Teams TBA.			Envers des			
	216	392	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantone	Two/Half Men	King/Queens	Cold Case	
	214	344	15	CITY	Law & Order: Special Victims	Community (N)	Parks/Recreat	On Purpose	30 Rock	The Marriage Ref (N)	News	
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)	Vivere V	Law & Order: Criminal Intent	Metro		
	218	345	18	CHCH	Almost Heroes *** (1998, Comedy)	Chris Farley	Mars Attacks! *** (1996, Comedy)	Jack Nicholson.	Mars Attacks! *** (1996, Comedy)	News at 11 (N)		
	-	361	20	ABC	Action News	Entertainment	FlashForward (HDTV) (N)	Grey's Anatomy (N)	(10:01) Private Practice (N)	News		
	512	392	24	CPAC	La Période de questions	Heure polit., L'Heure politique					Période-quest.	
	651	355	25	CTS	Little House on the Prairie	Dr. Quinn, Medicine Woman	100 Huntley Street	Life Today	This Is Day	John Hagee		
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (HDTV)	Fringe "Jacksonville"	FOX 2 News (N)	News		
	-	64	PBS	Business Rpt.	Snowtrails TV	Manor Born	Tim Goes By	Murdoch Mysteries	Poirot "Double Sin"	Charlie Rose		
	209	312	104	CTV	The Vampire Diaries (N)	CSI: Crime Scene Investigat'n	Grey's Anatomy (N)	(10:01) Flashpoint	CTV News			
	502	390	26	NW	The Lang & O'Leary Exchange	Connect with Mark Kelley (N)	CBC News: The National	The Nature of Things	National			
	500	500	33	CNN	John King, USA (N)	Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)				
	406	417	27	net	UFC Primetime	MMA Com	Saturday Night Poker	Air Race Preview	Sportsnet Connected	Prime Time		
	126	738	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal		
	400	280	30	TSN	That's Hockey! 30 for 30 (HDTV)		World Series of Poker	Curling				
	410	403	52	SCR	College Basketball	NCAA Tournament, Regional Semifinal: Teams TBA.		College Basketball				
	411	457	56	OLN	Ghost Hunters	Destination Truth	Oper. Repo	Oper. Repo	Ghost Hunters International	Destin. Truth		
	417	406	59	SC	NASCAR	NASCAR Hub	Bullrun (HDTV)	Bullrun (HDTV) (N)	Pass Time			
	554	544	48	TEL	Stoked (N)	Total Drama	Majority Rules	Futurama	King of the Hill	The Matrix *** (1999, Science Fiction)		
	557	540	51	FAM	Sonny Chance	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	iCarly	True Jackson	Malcolm-Mid.	Malcolm-Mid.	Family Biz	To Be Indie	Prank Patrol	
	570	582	29	MM	The Daily Fix	Ranked!	rmmtop10.ca	Pink Floyd: Dark Side	G. Simmons			
	615	621	31	A&E	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV) (N)	Manhunters	Manhunters	Manhunters		
	628	584	32	SPKE	CSI: Crime Scene Invstgn.	CSI: Crime Scene Invstgn.	CSI: Crime Scene Invstgn.	Disorderly Conduct: Video	MANswers			
	521	560	34	TLC	LA Ink "Gone Too Far"	Police Women of Maricopa	Police Women of Maricopa	LA Ink (HDTV) (N)	Police Women			
	145	761	35	TV5	Horizons (SC)	Envoyé spécial	Geopolitics	Humanitaria	Hors série	TV5 Le Journal		
	616	521	39	SHO	Rhône Hunter	Ice Blues (2008, Mystery)	Chad Allen, Sebastian Spence.	Crash & Burn (HDTV)	Law-Order			
	620	523	40	BVO	Storytellers	PhotoXplorers	Innovators	Writers	Everything's Gone Green *** (2006, Comedy)	Law & Order		
	520	505	42	DIS	Daily Planet (N)	Man vs. Wild			MythBusters	Daily Planet		
	575	583	43	CMT	Amer. Funniest Home Videos	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Unstable	
	601	562	45	SLC	Rich Poor	X-Weighted	Last 10	Last 10	Chop Shop	Chop Shop	ET Canada	
	625	544	46	COM	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Martin	Daily Show
	294	529	47	TBS	Family Guy	House-Payne	Holmes Inspection	Law & Order: Special Victims	Seinfeld	Name Is Earl	I Spy	
	600	564	49	H&G	House Hunters	Holmes Inspection	House-Bryan	Real Renos (N)	House Hunters	House Hunters	Holmes	
	627	528	50	SPC	Stargate Atlantis (DVS)	Star Trek: Voyager	Smallville "Rabbit"	Lost "Ab Aeterno" (N)		InnerSpace (N)		
	581	561	53	MTV	Peak Season	Cribs	Going Out, Hit	Spring Break Challenges	Taking, Stage	Made	MTV Live	
	618	524	54	TROP	Reality	Whatever	Family Guy	Spring Break Challenges	Confidential	Divine Design	House-Sell	Love It-List It
	522	506	55	HS	Pawn Stars	Pawn Stars	Ancient Discoveries	Confidential	Seinfeld	'70s Show	King	Comeback
	129	773	60	CD	Biographies	Science du combat	Dead Sea Scrolls	Confidential	Seinfeld	ancestors	Nostradamus Effect	Jobs in Danger
	261	394	61	V	Murder, She Wrote	On the Buses	The Good Life	Confidential	Seinfeld	ancestors	Jobs in Danger	
	602	567	62	W	Supernanny	Love It or List It		Confidential	Seinfeld	ancestors	Nostradamus Effect	
	269	350	70	APTN	Wabos Bay	By the Rapids	Flame	Moose TV	Space Cowboys *** (2000, Adventure)	Clint Eastwood, Tommy Lee Jones.	S O S (HDTV)	
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show	The View (HDTV) (N)	The Dr. Oz Show (HDTV)	TMZ		
	603	561	95	FN	Ricardo	Chuck-Day Off	Restaurant Makeover	Extreme Cuisine, Jeff Corwin	Ace of Cakes	Ace of Cakes	Restaurant	



Moving on

Katherine Heigl has left *Grey's Anatomy*. "I am done," the actress tells *Entertainment Weekly*. "Everyone had been working really hard to find an amicable and gracious way of letting go and moving on." [PEOPLE.COM](http://people.com)

***** A CLASSIC; ***** EXCELLENT; *** GOOD; ** FAIR; * POOR

Easter menu workshop offered

Attend an Easter menu workshop demonstrating crescina, lamb, zuccotto and more this Sunday at DiVino Wine Studio from 3 p.m. to 6:30 p.m. The tickets are \$95 per person but do not include taxes or gratuities divinowinestudio.com. METRO NEWS SERVICES

Urban Foodie

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SHARI GOODMAN
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Shafali
308 Dalhousie St.
(613) 789-9188
Rating: *******
Lunch for one: \$10

Sitar
417 Rideau St.
(613) 789-7979
Rating: *******
Lunch for one: \$10.60

Haveli
39 Clarence St.
(613) 241-1700
Rating: *******
Lunch for one: \$11.50
Rating: **3/5**
Lunch for 1: **\$11.50**

Over the course of several weeks, I sampled three different Indian lunch offerings.

At Shafali, you can choose from different lunch specials. I enjoyed the mid-range option (\$10) and sipped my chai tea while waiting for my meal. Along with the delicious tea came honey and a couple of sugar options to sweeten the sip. In an elegant, but slightly



Haveli (\$11.50).

scratched tray, my lunch of fresh Naan, Chickpea Curry, Cauliflower and Potato Curry, Butter Chicken and a Raita dipping sauce was tasty and filling.

At Sitar, you can fill your

plate at the lunch buffet (\$10.60). Its Chicken Tikka Masala was bewitching along with the gingery spice in its steamed carrots. However, its Naan was slightly crisp and burnt and its Gulab Jamun dessert was dry and needed more sugar syrup.

Like Sitar, Haveli offers a lunch buffet (\$11.50). Its Naan was fresh and the Tandoori Chicken was infused with taste, but the Onion Bhaji was somewhat greasy and unpleasant. However, the Rice Pudding was worth a second visit to the buffet table.

My recommendations: start at Shafali for the Chai tea and fresh Naan, hike to Sitar for the carrots with ginger and Chicken Tikka Masala, and end up at Haveli for the Rice Pudding. Enjoy exotic flavours, a hike, and best of all a long lunch hour away from work.



Sitar (\$10.60).

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Dining out

STRATHMERE LODGE Enjoy Tapas Dining (small sharing plates) this Saturday in the Lodge at Strathmere, 25 minutes South of Ottawa near North Gower. Sing-a-long and Goove to the Sounds of Quality Entertainment's Dan Dunlop and Al Tambay Duo. Call for reservations. 1-800-495-6649, or visit strathmere.com

STONEFACE DOLLY'S A popular breakfast and brunch spot with special quiches,

On the web

- Get recipes and more great food content at metronews.ca/recipes.

omelettes and benny's (eggs benedict).

Try to visit on off-peak hours since it's small and busy. At dinner, you can expect homestyle gourmet food with an international, South African twist. 416 Preston Street, (613) 564-2222

SHARI GOODMAN/
FOR METRO OTTAWA

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Salted Chocolate Mint Sablee Cookies



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Matt Damon thrilled restaurant staff by leaving a \$400 tip. The actor splashed out on a specially-prepared dinner for himself, wife Luciana and a group of friends at New York hotspot Stanton Social on Saturday, femalefirst.co.uk reports METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

KE\$HA doesn't want a feud with Justin, **MICHAEL IAN BLACK** is sprucing up his speech, and **CONAN O'BRIEN** goes after an older woman.

@keshasuxx dear justin b i am so sorry if my bad joke has hurt your feelings. u r obviously talented and i would never mean to offend u. i think u r rad

@michaelianblack Need to start incorporating, "Oh, Hell no" more into my daily speech.

@ConanOBrien I'm worried health care has pushed my Tour out of the headlines. I'm also worried my anti-delusion pills are wearing off. Need more pills.

METRO NEWS SERVICES



Ex-wife: James a 'serial cheater'

JUST WHEN YOU THOUGHT HE COULDN'T GET ANY SKETCHIER

TMZ is reporting a former high level, female executive with West Coast Choppers settled a sexual harassment lawsuit against Jesse James and West Coast Choppers for more than \$700,000 US in 2007, while he was married to Sandra Bullock, according to documents.

Also, James has been branded a "chronic cheater" by his ex-wife, femalefirst.co.uk reports. Janine Lindemulder — who separated from the motorcycle enthusiast after one year of marriage in May 2003

— insists she wasn't surprised to learn the Monster Garage presenter had bedded tattoo model Michelle "Bombshell" McGee while current spouse Bullock was away shooting *The Blind Side*.

Lindemulder — who has five-

JAMS!!!!!! Watch out for her!!" Barker posted on Twitter Tuesday, along with a photo of the pair at a rehearsal space in L.A.

Although Rihanna is seen jamming behind a drum kit in the video for her latest single, *Rude Boy*,

rumour has it she wants a pro to teach her how to play so she can perform live on her upcoming European tour.

No word on which percussive instrument the lovely singer is set to debut.

Teaching Rihanna some things on drums. She



year-old daughter Sunny with James — said: "He's a chronic cheater. I feel sorry for Sandra because she was so in love with Jesse that she was blind and gullible. "She once said, 'I finally have a man who has my back.' And all I could think was, 'No. You have this man who does it behind your back.'"

METRO NEWS SERVICES

Splitsville for Kardashian, Bush?

SHE SAID HE'D NEVER LOVE HER LIKE US WEEKLY DOES The blogs are abuzz this week that on-again couple Kim Kardashian and Reggie Bush are on the rocks, us-magazine.com reports.

The truth? The two "aren't sure where their relationship will go," a source close to the couple tells the website. Bush, a 24-year-old running back for the New Orleans Saints, and Kardashian, 29, have been dating since 2007.

METRO NEWS SERVICES



Rihanna gets a special drum class

TURN THE BEAT AROUND

Looks like Rihanna is expanding her music knowledge — with a little help from Blink 182's Travis Barker, popeater.com reports.

"Teaching Rihanna some things on drums. She

rumour has it she wants a pro to teach her how to play so she can perform live on her upcoming European tour.



METRO NEWS SERVICES

Lindsay has no designs on Ed Hardy partnership

THEY'RE TRYING TO CLASS UP THEIR IMAGE, CLEARLY

After being dropped as artistic director for Emanuel Ungaro earlier this month, Lindsay Lohan has reportedly found a new de-

signer to work with. Sources say the actress is in talks with the folks at Ed Hardy to design a line of handbags, according to E! News. Lohan has denied the report.



METRO NEWS SERVICES

The truth behind Pitt's beard

BILLY GOAT BRAD

That much-discussed beard on Brad Pitt's chin has now surpassed the excuse of novelty. And it's not even there for a role, people.com re-

ports. Now the actor has given his reason for the straggly facial fluff: He can't be bothered to change it. "It's boredom. No other reason than that," he said.



METRO NEWS SERVICES

Elin to be a no-show at Masters

JESSE JAMES: THIS IS YOUR FUTURE

When Tiger Woods makes his much-anticipated return to golf at the Masters, his wife, Elin Nordegren, will be thousands of miles away,

as she's reportedly planning on taking their kids back to Sweden, according to People magazine.



METRO WORLD NEWS



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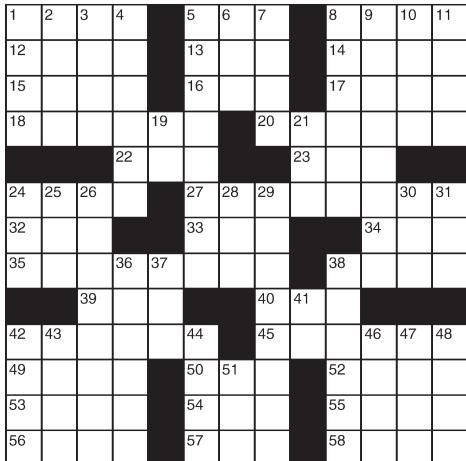
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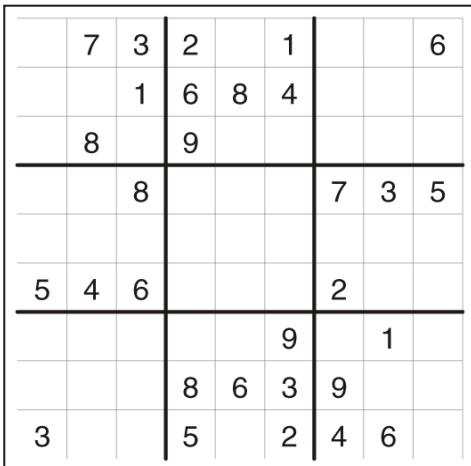
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For more delicious Metro recipes, visit: metronews.ca/food**Take Five****Sudoku**For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**ACROSS**

1 Ladder component
 5 Author Weldon
 8 Nowhere near
 12 Between ports
 13 Cry of revelation
 14 Relocate
 15 Lima's land
 16 Shaft of light
 17 Raised
 18 Soothing
 20 Lustful lechers
 22 Coop denizen
 23 Conger, e.g.
 24 News
 27 Collection
 plate
 contribution
 32 As well
 33 Tic-tac-toe win
 34 Actress Farrow
 35 Sieve
 38 Pauley
 Perrette's "NCIS"
 role
 39 "Nightmare
 on—Street"
 40 List-ending ab-
 br.

DOWN

1 Engrossed
 2 Tech support
 caller
 3 Infamous
 fiddler
 4 Cowboy of the
 pampas
 5 Morning
 6 Cry of discovery
 7 Toy on a string
 8 Spy novel
 author Eric
 9 Wing, for exam-
 ple
 10 State with cer-
 br.

Metro Recipe of the Day

PHOTO BY SARAH ROGERS

Nutty Maple Spinach Salad

Submitted by Thelma Ball, Dundas, Ont.

INGREDIENTS:

Dressing:
 1/4 cup low-fat
 mayonnaise
 1/4 cup maple syrup
 3 tbsp white wine vinegar
 2 tsp sugar
 1/3 cup vegetable oil

Glazed Nuts:

2 tsp sugar
 3 tbsp maple syrup
 6 tbsp water
 3/4 cup whole walnuts or
 pecans

Salad

1/4 cup soft goat cheese
 1 small bag of baby
 spinach
 1 small red onion
 12 thin slices of pickled
 beet

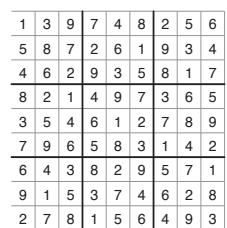
and vegetable oil in a
 small bowl for 2 minutes.
 Refrigerate.

2. Mix the sugar, 3
 tablespoons maple syrup
 and water in a small pan.
 Stirring constantly, bring
 to a slow boil over low
 heat. Reduce heat and add
 nuts. Stir to coat. Remove
 with a slotted spoon and
 set aside to cool.

3. Wash spinach and dry
 well. Divide between 4 to
 5 salad plates. Top with 3
 slices of beet and thin
 slices of red onion. Crum-
 ble soft goat cheese on
 each salad and top with a
 generous amount of
 glazed nuts. Drizzle with
 dressing.

SERVES 4 TO 5**PREP TIME: 10 MINUTES**

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at supperclub.com

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**On the web**For more games and 60 additional daily cartoon strips, visit metronews.ca**Horoscopes by Sally Brompton** sallybrompton.com**ARIES****MARCH 21-APRIL 20**

You will have plenty to say for yourself today and others would be wise to take note. However, don't repeat yourself on and off for the rest of the day.

LIBRA**SEPT 23-OCT 23**

Good times are coming — you just know it — but you would be wise not to take too much for granted.

TAURUS**APRIL 21-MAY 21**

Stand back from what you are doing and try to see it from a wider perspective. You are about to embark on an exceptionally busy phase.

SCORPIO**OCT 24-NOV 22**

You seem strangely subdued at the moment and, if you can, you will quite happily spend some time on your own.

GEMINI**MAY 22-JUNE 21**

You may be eager to get started on something you have been planning for months, but a few more days won't make much difference.

SAGITTARIUS**NOV 23-DEC 21**

Are you trying too hard? Are you forcing yourself to do things that do not come naturally? Maybe that's the reason for your negative outlook.

CANCER**JUNE 22-JULY 22**

The more you try to resolve a family crisis of some kind the more the solution evades you — a most frustrating state of affairs.

CAPRICORN**DEC 22-JAN 20**

The planets warn if you play safe and take no risks at all you could miss out on an opportunity to move up in the world.

LEO**JULY 23-AUG 23**

Travel and social plans may have to be postponed today but you won't be too disappointed.

AQUARIUS**JAN 21-FEB 18**

If your current way of doing things is getting results then don't change it even a fraction.

VIRGO**AUG 24-SEPT 22**

Don't give away information about your financial situation, certainly not to strangers and not even to friends.

PISCES**FEB 19-MARCH 20**

Certain duties or commitments have to be dealt with and there is no way you will be able to wriggle out of them.

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tuesdaystheromancestore.com**This day in history**

1306: Robert the Bruce becomes King of Scotland.

1807: The Slave Trade Act becomes law, abolishing the slave trade in the British Empire.

1918: The Belarusian People's Republic is established.

1957: United States Customs seizes copies of Allen Ginsberg's poem Howl as obscene.

1958: Canada's Avro Arrow makes its first flight.

1979: The first fully functional space shuttle orbiter, Columbia, is delivered to the John F. Kennedy Space Center to be prepared for its first launch.

Introducing 16 apps that need no introduction.

Nike Master Control

Free • Looking to improve your soccer skills this year? This elite Nike training app features instructional videos from FC Barcelona coaches. Get tips on ball control, see drills the pros use and even learn some of their signature moves.

Disney

Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada

Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films

Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO

Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

The North Face

Free • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

L'Oréal Paris

Free • Want to know what colours suit your skin tone, or how to apply the perfect lipstick? It's all here on your iPhone. Just tap for make-up tips, skincare information and video demonstrations.

Maclean's

Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey

Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis

Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

eBay

Free • Put the world's top online marketplace on your iPhone. Search for new stuff and place that last-minute bid even when you're nowhere near your computer.

CBC Radio

Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favourites list for quick access to the programs you love.

Scotiabank

Free • Canada's most international bank – on your iPhone. Get the details of any branch and check opening hours. Tap to call or use your iPhone's GPS to find your nearest ABM.

Facebook

Free • If you love Facebook, you'll love having it on your iPhone, where you can check status updates, post comments, tag photos and upload videos when you're out and about.

BMW

Free • Now you can have the BMW experience at your fingertips. Watch a regularly updated collection of videos from prototypes to classic designs, engineering to motor sport.

ESPN

Free • Get instant scores and updates from one of the most reliable names in sports. ESPN's personalized scoreboards let you organize by sport and team so you can follow your favourites wherever you are.



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